



Tips to keep you airborne!



September 2017 - You can't beat a good service!

I jumped into my car the other day and within seconds there was a warning message flashing loud and clear on the display on my dashboard reading, 'service due'.

As Pooh bear would say, "Oh bother".

After the event, I can think of 100 more ways I'd rather fork out money than on front and rear break-pad and disc replacements, but at the time I knew that the service was non-negotiable if I were to keep the car in good working order and to save it costing me more down the track.

Had I ignored the warning message, goodness knows what kind of danger I might have put myself in... or anyone else on the road for that matter. Break failure is a serious matter.

This reminded me of a couple of Harley Davidson motorcycle riders I recently saw huddled around their mean machines. There's no doubt that their bikes were impeccable.

Did they consider top quality inputs when it comes to oil and fuel? I reckon.

Did they rev their engines and take them through the gears for maximum output? I suspect so.

What about maintenance? Regular servicing with quality parts replacements? I don't doubt it one bit.

I then looked at the gentlemen in question and wondered whether they took the same care of their own personal "vehicles" as they did their magnificent motorcycles.

The evidence suggested to the contrary!

So, let me ask you this...



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How well do you look after your vehicle? What quality inputs do you consume by way of food, water, alcohol and drugs?

What about outputs? Are you getting regular exercise?

If I asked you if you booked in for regular maintenance, you'd know I'd be referring to sleep, wouldn't you?

It takes a mechanic the best part of a day to fully service a vehicle. The checklist is exhaustive.



In the same way, it takes anywhere between 7-9 hours of sleep to give your body a fully comprehensive service. Every cell needs tending to. This takes time.

Had I pulled my car out of the workshop after only a couple of hours, it's highly likely that the breaks might not have been fixed. I don't dare to think what might have happened had they failed.

The same is true for sleep. If you regularly cut your 'service' short, you run the risk of developing squeaky wheels, which will likely fall off down the track.



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Group 1 was told to visualize a scene that they found very pleasant and relaxing; group 2 to forget about their worries (a bit like the Bare Necessities from the Jungle Book) and group 3, the control group, was given no special instruction at all.

The results were stunning.

The insomniacs in group 3 continued to take over an hour to fall asleep; the 'forget about your worries' lot took over 40 minutes; whereas the positive thinkers conjuring up happy, relaxing thoughts were nodding off in a little over 20 minutes!

Let me repeat that last sentence as it's so revealing...

The positive thinkers conjuring up happy, relaxing thoughts were nodding off in a little over 20 minutes!

So, here's to focusing on something you appreciate, infusing it in a picture postcard, stirring it with a smile, sipping, enjoying and slipping into silent slumber.

Remember though, like any good tool, it ain't going to work unless you sharpen it!

Till next time, keep smiling.

Yours in appreciation,

Caroline



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